

RNN Newsletter

December 2021



Join us for the RNN Holiday Party Sunday December 12th at 4-5:30 pm

Our annual holiday party will be held on ZOOM again this year. We will go into break-out rooms so that conversation is easier within a smaller group. This has been the plan for a few months and now with the unknowns about Omicron, we seem to have made a safe decision.

Once again, Lynda Hersey and the famous RNN Elves will deliver goodies for you to enjoy with your choice of beverage. Goodies will be delivered Saturday midday or early afternoon. Please let Lynda (lwhersey@gmail.com) know if you will be out of town so that squirrels will not have a feast on your doorstep!

Those who were inspired and able to attend the ZOOM wine tasting and pairing in November had a good time and learned some interesting “wine descriptors.” Thanks to Eileen Collins for organizing the program and to Rebecca Beraldi, co-owner of Beacon Hill Wines and Gourmet in Melrose for her presentation.

Interest Group and Small Meeting Policy

As the weather has turned colder, meeting outdoors is no longer an option. The RNN Executive Board approved the following for Interest Groups and smaller meetings.

"RNN prefers outdoor meetings when possible, although weather will not always cooperate! **It is each member's individual decision as to whether they feel comfortable meeting indoors, well-spaced, and masked when possible.**

RNN requires attendees of indoor meetings to **provide proof of vaccination**. Proof of vaccination may consist of showing a vaccination card or photo of the card.

For individuals who are not able to be vaccinated, RNN will accept **proof of a negative Covid-19 test within 72 hours**, as recommended by the CDC. Proof of negative test result may come from showing a text or email containing date and time of test and its negative result."

As of today, we will be trying a hybrid meeting for our January Program. See details further down the pages.

Interest Groups Update

Meditation (a message from Pat)

The Meditation Group is currently on pause but will meet again in person and masked in late January 2022. If you are interested please contact Pat Brennan at pbrenn42@comcast.net by January 15, 2022. Meanwhile, may you be filled with the spirit of Loving Kindness.

Film and Arts Group (a message from Charlotte, Joy and Jeanne)

A few days beforehand, the Film and Arts Group will receive an email about joining the Zoom Movie Monday Discussion. We will meet on Monday, December 6, 2021, at 1pm.

(Looking ahead? You may also want to mark your calendar for January 3, 2022 at 1 pm!)

Lunch Bunch (a message from Pamela and Maria)

The lunch bunch enjoyed the gathering at 110 Grill in Woburn in November. Watch for our December date.

Koffee Klatch Group (a message from Ginny)



Hello Koffee Klatch Friends. This month the 19th of the month falls on a Sunday. So, we will be meeting on **Monday, December 20th at 10:00am at Fusion's.**

We had a very nice gathering at Fusion's in November. And, as far as I could tell, it seemed very comfortable to be meeting inside once again. We were very fortunate that we were able to find enough seating, together, for the 8 of us who were there. We were also very fortunate to have a "cracker jack" waitress to serve us.

The reason I worry about seating at Fusion's is because, in spite of my visit to Fusion's the day before our gathering to insure that they knew we would be there the next day at 10:00, and requesting that they reserve some tables for us, apparently this reservation request was not passed on to the staff working on the day we arrived.

So, in light of this, I did discuss with the group the possibility of moving our meeting spot to Brother's Restaurant in Wakefield - mainly because the establishment has a VERY large dining area and there would never be a problem finding enough table space for our group and we could easily distance from the other patrons. And, since it is cafeteria ordering, we would not have to tip. But, one of our group mentioned, though Brother's would be nice for the reasons I just mentioned, we should also consider the issue of continuing to support Reading's local businesses, which is an important consideration. So, for now we will continue to meet at Fusions, and hope for the best that each month we can find sufficient seating and responsive wait staff. But, if the seating at Fusion's should become a problem, we can always readdresses the matter of finding a larger, maybe less expensive, establishment in which to meet. We may have to decide between local loyalty or proper accommodations. I would welcome any feedback and suggestions from the other members of our group.

Happy Christmas shopping!

Hot Topics (a message from Tom)

A video recording from the November Hot Topics Interest Group meeting will be available on the RNN Members only page in response to several requests. We had an interesting and useful information exchange among 4 of our members on the topic of home heating/cooling with heat pump systems, so please check out the RNN Members Only page on our website. The next Hot Topics meeting will be held in January (day and time to be announced) to explore the topic of Reading local history. Paul Sharr will facilitate and lead this discussion. Paul will talk about his personal interests and time he has been spending on this topic, and explore whether other RNN members might be interested in starting up a local history discussion group to share questions, do some research, and explore findings related to Reading's history. He will also provide a short presentation on some lost history of Memorial Park to start the meeting and share some ideas for future investigation of Reading's history.

Lend a Hand (LAH)

LAH will be available for two categories:

- 1) Help a Homebound member, including: Visit/ call; providing a meal and/or some groceries; run an errand
- 2) Basic Technology: For example, help with computer, cell phone, TV via phone or a video connection.

Currently, for the sake of continued safety, RNN will not plan to use 'Provide A Ride'; 'Accompany Member to an Appointment' or 'Help Around the House' (with possible exception if the chore is outside and safe).

LAH Co-coordinators:

Jack Leonard - call/text at (978) 866-8483; or e-mail: jjleonardjl@gmail.com

Colleen O'Shaughnessy- call/text at 781-267-4743; or e-mail:

colleen.colleen.oshaughnessy@gmail.com



We have big plans for January...
Meeting in person...
Are you ready? Or not?

In January we have booked the meeting room at the Reading Public Library for our monthly program! If you feel comfortable attending in person, masked, please join us there with your proof of vaccination or proof of a negative test within 72 hours. If you are not yet comfortable meeting in person, Tom Mottl and Paul Scharr are planning a way to ZOOM it to you from the RPL site to your house. We have arranged a panel of professionals on real estate, downsizing, staging and financing to help with the issue of what to do so that you may "age in place." Using ZOOM we hope to include questions from the audience at home as well as in the meeting room. We will not be serving refreshments at meetings yet, but there should be space for a bit of masked socializing - a welcome change and hopefully a step towards a more normal normal.

Medicare Open Enrollment is October 15th to December 7th

Do you want expert, unbiased advice on your Medicare and health insurance options? Turn to SHINE in your community.

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will be receiving or should have received information from your plan regarding open enrollment. This information explains changes in your plan for 2022.

During **Medicare Open Enrollment (October 15 to December 7, 2021)**, you will have a chance to CHANGE your plan for next year.

Trained SHINE Counselors can help you understand your plan, changes and options you may have. SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

Call your local Senior Center or Mystic Valley Elder Services at 781-388-4845 to schedule a phone consultation appointment. For your convenience, counselors will be available for in-person or remote counseling over the telephone. It is important to have your Medicare and insurance cards along with a complete list of your medications when speaking to the SHINE counselor. Call early to get a SHINE appointment during Open Enrollment.

Mystic Valley Elder Services SHINE program serves older adults in the communities of Chelsea, Danvers, Everett, Lynn, Lynnfield, Malden, Marblehead, Medford, Melrose, Middleton, Nahant, North Reading, Peabody, Reading, Revere, Salem, Saugus, Stoneham, Swampscott, Wakefield and Winthrop

From our friends at Elder Services come “Pleasantries”

<https://www.readingma.gov/pleasant-street-center/pages/pleasantries-newsletter>

From our friends at Aging in Balance Community Services

<https://conta.cc/3vWfIRi>

From our RNN friends - this is from Marilyn Lambert

Learn how to spot some scams:

<https://www.forbes.com/sites/barrycollins/2021/07/07/is-this-amazon-email-fake-how-to-spot-the-scams/>